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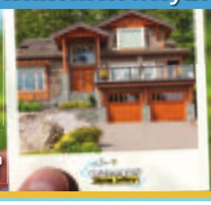

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NHL IN OUR BACKYARD

The Calgary Flames' David Jones, left, and Max Reinhart attempt to slow down the New York Islanders' John Tavares during third-period NHL pre-season action on Tuesday at the Brandt Centre. The Flames defeated the Islanders 4-2. Story, page 13. LIAM RICHARDS/THE CANADIAN PRESS

Child's 18 months of horror raise tough questions

Report. B.C. official calls for revamped policies following girl's move to Saskatchewan and the near-fatal mistreatment that followed

In response

The Saskatchewan aboriginal child and family services agency connected to the report issued a statement, saying it has undergone a major reorganization and is preparing its own report.

British Columbia's children's watchdog says a girl who was nearly starved to death endured 18 months of horrific abuse after being branded an "evil child" at her grandfather's home in Saskatchewan.

Mary Ellen Turpel-Lafond made the comments Tuesday as she released a report examining the tragic treatment of a three-and-a-half-year-old aboriginal girl who was moved from B.C. to Saskatchewan, where her mistreatment continued.

Turpel-Lafond said policies and standards for placing vulnerable children in homes across Canada must undergo reviews to better support the needs of kids and families.

"It is important to step back and ask how it is that a grandfather with 70 criminal convictions, a deep child-welfare history, and who was unable to parent his own children and an active addict could so easily have a child passed to his custody."

The girl was confined to the basement of her grandfather's home, Turpel-Lafond said.

"This child's best interests were never taken seriously, and as a result she was left in a dangerous situation, severely traumatized and emotionally and physically injured."

She said it's a miracle the girl, who now is eight years old, survived her mistreatment.

The girl, who can't be named, weighed just 12.2 kilograms when she was removed from her grandfather's home. She was almost 13.1 kilograms when she arrived at the home 18 months prior.

Saskatchewan's Social Services Minister June Draude said Turpel-Lafond's report will cause concerns in Saskatchewan because the public wants to know children are protected.

"When I read that report and when the majority of people in Saskatchewan read that tomorrow, they're going to shake their heads and say, 'My gosh, how can that happen?'" Draude said at the Regina legislature. "Some of (the) things are very basic, like changing the home checks — yes, that's something that we have to do. The things like the criminal-record checks, yes, we have to do that. Better home inspections, yes, we have to do that." THE CANADIAN PRESS

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Speed infractions in school zones alarming, SGI says

Safety. More than 350 tickets issued by police across province during two-day campaign

A "shocking" number of drivers have been caught speeding in school zones during a provincewide police clampdown, Saskatchewan Government Insurance said on Tuesday.

During the two-day blitz last week, police issued 352 tickets for speeding in school zones, in addition to 483 citations for other traffic violations.

Regina police alone issued 57 tickets for speeding in a school zone as part of the campaign — dubbed Operation Student Safety — on Sept. 10 and 11, spokeswoman Elizabeth Popowich told Metro.

Kelley Brinkworth, spokeswoman for SGI, added: "You'd think it would be more top of mind for people because it's right back to school at the beginning of September.

"Why would you risk (speeding through a school zone)?"

The number of offence notices issued in Saskatchewan for speeding in school zones increased by 59 from last year's total of 293.

Brinkworth, however, said the jump could be "partially attributed" to another safety blitz — the selective traffic-enforcement program (STEP) — running at the same time in the communities of Martensville, Warman and Corman Park.

Of the 835 tickets issued in total, 453 resulted from the student-safety blitz, while 382 stemmed from STEP.

The student-safety clampdown covered the entire province, though bylaws for school zones vary by municipality.

Saskatoon, for example, does not enforce speed restrictions when school is not in session, though police in many jurisdictions — including Regina — enforce the speed limits year-round.

With schools running again, Brinkworth is stressing that drivers must slow down through these areas.

"If a child darts out in front of you and your speed is reduced," she said, "it increases your reaction time." MARCO VIGLIOTTI/METRO

Kelley Brinkworth, SGI spokeswoman, says more drivers need to pay attention to and abide by speed limits in Saskatchewan school zones. MARCO VIGLIOTTI/METRO

'Foot-baths' give Muslim students a leg-up

The U of R's washroom "foot-baths" at the Riddell Centre, installed this summer. ROSS ROMANIUK/METRO

The University of Regina is going to great lengths to help its Muslim students avoid doing the same when washing for on-campus prayer sessions.

The university has installed "foot-baths" in a public washroom at its Riddell Centre to allow Muslim students — many of whom pray numerous times a day and wash themselves beforehand — to clean their feet and avoid the difficulty and awkwardness of using regular sinks.

"I've seen them do it. It's tough for them," Nathan Sgrazzutti, president of the U of R Students' Union, said on Tuesday of the troubles that many of the more than 700 practising Muslims at the campus have experienced when preparing for prayers.

"We're showing our ability to cater to their needs."

Two foot-baths, resembling large sinks with seats, were installed in a men's washroom earlier this summer at what university spokesman Dale Johnson said was a cost of about $35,000.

"I haven't been in the women's washroom, but I'm under the understanding it's in both," Sgrazzutti said, lauding the U of R's administration for its efforts to assist Muslim students.

"There was a bit of a push from our Muslim students' society as well as the students' union, and the university was very receptive."

An official opening for the foot-baths, said Johnson, will be held by Muslim students on Oct. 2.

"It's a really neat addition," Sgrazzutti said of the new facilities, which some refer to as "foot-sinks."

"They're very new. I still have people asking me what they are." ROSS ROMANIUK/METRO

Crime

Herbert senior's death deemed a homicide

The disappearance of an elderly man in Herbert has been ruled a homicide that RCMP say has "affected and impacted the entire community."

On Monday, police charged Herbert resident Zuo Yu (Jerry) Qiu with second-degree murder in the death of 79-year-old Henry Gin, who had been missing since Aug. 24.

Qiu, 25, is scheduled to appear in court in Swift Current on Wednesday.

Gin's body was discovered on Tuesday by members of the RCMP's major-crime unit and civilians in a rural area less than 10 kilometres southeast of Morse.

RCMP said Gin appeared to be a victim of an assault, but they didn't clarify whether a weapon was involved. Police added that the men were known to each other, though they refused to divulge possible motives.

Gin had been missing for two weeks before his family informed police of his disappearance on Sept. 11. Family members alerted RCMP after they were unable to locate Gin on numerous visits to his home, said Sgt. Kim Rusk, commander of a detachment in Morse.

After new information surfaced on Monday, Mounties changed their investigation from that of a missing person to a homicide.

Rusk said the death has rattled many in Herbert, a small town.

"Mr. Gin was very well-known in this community," she said.

"The community was very upset about the disappearance of Mr. Gin. That's the reason so many people volunteered their time to try to assist locating him." MARCO VIGLIOTTI/METRO

Special delivery. Drugs, weapons arriving in Canada through the mail

Criminals are using the Canadian postal system to transport illicit goods including guns, grenades, dangerous chemicals and, in one case, even a rocket launcher, says a newly declassified RCMP report.

Counterfeit items — from fake Olympic hockey sweaters to bogus passports — as well as drugs such as cocaine and heroin are also arriving in the country through Canada Post, says the report.

It calls for greater collaboration between police and postal officials to detect suspect parcels, noting legislation limits the ability of police to search and seize mail.

"There is a diverse range of contraband goods being shipped through the Canadian postal system, some of which pose a risk to the safety of Canadians," says the November 2012 report, which draws on information from more than a dozen police forces and Canada's border agency.

"In one instance, a rocket launcher was even found entering through the mail."

THE CANADIAN PRESS

Canada Post vehicles sit outside a depot in Montreal in this file photo. Criminals are using the Canadian postal system to transport illicit goods, says a newly declassified RCMP report. GRAHAM HUGHES/THE CANADIAN PRESS

Former Saint Mary's student returns degrees

Frosh week pro-rape chant. Calgary businessman urges president to step down to help repair 'damaged reputations'

HALEY RYAN
Metro in Halifax

In the cool air of Tuesday morning, Daren Miller leaned his two degrees from Saint Mary's University against the fence around the former Halifax Infant's Home and walked away.

Miller, a chartered financial analyst living in Calgary, flew to Halifax to return his Bachelor of Arts and Bachelor of Commerce degrees to Saint Mary's in the wake of a pro-rape chant caught on video during frosh week.

Hundreds of first-year students were led in a chant spelling out "young," with lines like, "U is for underage, N is for no consent."

Saint Mary's registrar Paul Dixon greeted Miller and accepted the degrees after they were placed against the fence.

"I feel very sad having done it. It represented five years of extremely hard work," said Miller, who graduated in 1995.

The degrees will also be removed from his resumé, Miller said, because he wanted to distance himself from the culture of misogyny at the university.

Miller called for Saint Mary's president Colin Dodds to step down on Tuesday, saying a culture shift can only happen with "change at the top."

"The university respects his right to protest," said university spokesperson Steve Proctor, who added Miller had turned down Dodd's invitation of a private meeting.

Miller said despite his own feelings, turning over the degrees was also to stand with those who feel "marginalized" at Saint Mary's, and with victims of sexual abuse across the country.

Daren Miller of Calgary poses for a photo in Halifax prior to returning his degrees to Saint Mary's University on Tuesday. JEFF HARPER/METRO IN HALIFAX

Regina Referendum

Wednesday, September 25, 2013

Residents have the opportunity to vote on the construction, financing, operation and maintenance model of the City of Regina's Wastewater Treatment Plant.

The yes-or-no question on the ballot will read;That the Council of the City of Regina publicly finance, operate and maintain the new wastewater treatment plant for Regina through a traditional Design, Bid, Build (DBB) approach.

Polling information

- Polling locations will be available throughout the city on September 25 from 9 a.m. to 8 p.m.
- Residents can find their poll location at **ReginaReferendum.ca**.

Advance polls

Advance polls will be offered on September 21 from 10 a.m. to 5 p.m. at:

- The Golden Mile Shopping Centre
- Northgate Mall
- Normanview Landing
- Victoria Square Mall

Mail-in ballot opportunities will be provided to eligible voters. Applications for mail-in ballots must be made in person at the Referendum Office at City Hall, 2476 Victoria Avenue.

Two pieces of identification are required to vote.

Free Transit and Paratransit service will also be provided on referendum day and on advance poll day for voters.

Visit **ReginaReferendum.ca** or call 306-777-7000 for all your voting information.

PQ opens door to 'improving' religion plan

Debate over minority rights. Government says it will potentially amend plan before it's tabled as a bill this fall

The Parti Québécois says it could amend its controversial values charter based on public input it receives before submitting the minority-accommodation plan to the legislature.

The comments come one week after the release of the PQ government's proposals, which have touched off an acrimonious debate on minority rights.

That promise to listen, and potentially amend the religion plan before it's tabled as a bill this fall, echoes statements from the PQ during the summer.

"We're looking at ways to improve the proposal," said Quebec's minister responsible for Montreal, Jean-Francois Lisee, on Tuesday.

"We're listening. It's been less than one week, we're asking people to participate and we'll take these into consideration."

He offered no details on what the potential changes might look like.

Because the current plan has no opposition support the minority government could either water it down, split it in half or preserve the entire thing for use in an election campaign.

As it stands, the government is still defending the plan in its current form. Lisee called it "modern and progressive" and on Tuesday compared the wearing of religious garb to political slogans — which is forbidden for public servants.

"We have already established (public servants') neutrality for other beliefs," Lisee said. THE CANADIAN PRESS

Paddling for a cause

Members of the Squamish Nation paddle a traditional canoe on False Creek during an all-nations canoe gathering, held as part of Reconciliation Week in Vancouver on Tuesday. Everyone was invited to jump in one of the cedar, dugout canoes for the traditional ceremony, which is part of the Truth and Reconciliation events taking place in the city. DARRYL DYCK/THE CANADIAN PRESS

Gunman heard voices

The former Navy reservist who killed 12 people at the Washington Navy Yard had been hearing voices and was undergoing treatment in the weeks before the shooting rampage, but was not stripped of his security clearance, officials said.

Aaron Alexis, a 34-year-old information technology employee with a defence contractor, used a valid pass to get into the highly secured installation Monday morning and started firing inside a building, the FBI said. He was killed in a gun battle with police.

U.S. law enforcement officials told The Associated Press that there was no known connection to terrorism and that investigators have found no manifesto or other writings suggesting a political or religious motive.

Alexis had been suffering a host of mental problems, including paranoia and a sleep disorder, and had been hearing voices in his head, according to the officials, who spoke on condition of anonymity because the criminal investigation was still going on. THE ASSOCIATED PRESS

Aaron Alexis FBI/THE ASSOCIATED PRESS

At the University of Regina, we're committed to partnering with local, provincial, and national institutions to offer stronger programming and more flexibility to our students.

Our partnerships with Saskatchewan's regional colleges, for example, allow students to take University of Regina credit courses in their home communities.

Working with SIAST, we offer several collaborative programs that enable students to receive a Saskatchewan Collaborative Bachelor of Science in Nursing as well as Bachelor of Science and Bachelor of Arts degrees in a number of other areas.

Together with the University of Saskatchewan, we created the Johnson-Shoyama Graduate School of Public Policy. This joint school offers graduate programs designed to help our students build upon Saskatchewan's decades-long and world-renowned tradition of public policy excellence.

The University of Regina also has a long-standing relationship with Canada's north, collaborating with Yukon College, Aurora College, and Nunavut Arctic College to deliver degree programs in Education and Social Work.

We know we are stronger together – and the knowledge shared between our institutions results in stronger programs for the next generation of leaders in our province and beyond.

University of Regina
www.uregina.ca

Victims' families fight committee's quest for standing

Lac-Mégantic disaster. U.S. bankruptcy trustee says all creditors are already represented at MMA proceedings

Rescue workers at the site of the Lac-Mégantic train derailment on July 16. The crash killed 47 people.
THE ASSOCIATED PRESS FILE

The families of some victims of the deadly rail crash in Lac-Mégantic are opposing a Quebec committee's quest for official standing at Montreal Maine & Atlantic's bankruptcy proceedings in the United States.

The estates of 18 victims of the July 6 derailment and explosion told a U.S. court in Maine that they object to the Quebec group's efforts to be appointed as an official creditors' committee to represent the provincial government, the municipality and some wrongful death and personal injury claimants, along with those that sustained property damages.

Trustee Robert Keach says the appointment is unnecessary because he represents the interests of all creditors, including the victims of the derailment and those who filed class-action suits in Illinois. He adds that recognizing the committee would increase costs and "sap what limited resources of the debtor exist."

THE CANADIAN PRESS

Hazardous rail cargo

Mayors face pushback from feds

A push by municipal leaders to know more about hazardous rail cargo rattling through their communities is raising security concerns in the federal government.

Claude Dauphin, the president of the municipal federation, says Transport Canada officials are concerned any advance information on the movement of hazardous goods could fall into the wrong hands. But he says mayors are not looking for individual cargo manifests.

Most likely to give you malware

English actress Lily Collins attends the premiere of The Mortal Instruments, City of Bones on Aug. 22 in Madrid. If you're curious about Lily Collins and head to the Internet to find out more, beware: McAfee has ranked the actress as the most dangerous celeb to search for online. Searches for Collins posed the biggest risk of landing on a malicious site, according to the computer security company; last year Emma Watson topped the list. A person could be led to malware after doing a general search and clicking on dubious links, but risks increased when searchers added phrases like "free apps" or "nude photos."

ABRAHAM CARO MARIN/THE ASSOCIATED PRESS

Celebrity spokescat

Shut up and eat the kibble: Grumpy Cat gets food deal

It probably won't affect her mood, but Grumpy Cat now has an endorsement deal. The frown-faced web sensation, real name Tardar Sauce, is now the "spokescat" for a Friskies brand of cat food, Nestle Purina PetCare said Tuesday. Photos of Grumpy Cat, her brown and white face in a constant scowl, are a constant presence on social media.

THE ASSOCIATED PRESS

Market Minute

DOLLAR 97.13¢ (+0.28¢)

TSX 12,834.11 (+17.23)

OIL $105.42 US (-$1.17)

GOLD $1,309.40 US (-$8.40)

Natural gas: $3.73 US (-1¢)
Dow Jones: 15,529.73 (+34.95)

Iran re-blocks social media after 'technical' glitch

Word of the opening of Iran's blocked social media sites was spread, of course, by social media itself, with celebratory tweets and breathless Facebook posts. Hours later, the same sites Tuesday chewed over the sobering reality that the four-year-old firewalls were back in place.

Iran's Internet overseers blamed a "technical" glitch on the brief window to the web.

But others interpreted the seesaw events as signs of growing internal struggles between the moderate-leaning President Hasan Rouhani, who has promised to ease Iran's cyber-censorship, and hard-liners in the Islamic establishment who see no benefit in lifting restrictions intended to foil potential political opponents and reformists.

The window allowed users to access banned sites such as Twitter and Facebook directly rather than having to use proxy servers that bypass Iranian controls. THE ASSOCIATED PRESS

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Source: David Plett, Globe & Mail

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THESE WILL KNOCK YOUR SOCKS OFF

JUST SAYIN'

Paul Sullivan
metronews.ca

Some addictions are bad for you, e.g. crack cocaine or cracked pepper potato chips.

Some addictions are good for you, e.g. Iron-Man triathlons.

Some addictions, it's hard to tell, e.g. peanuts and trivia.

An addiction to trivia can have dire consequences for innocent bystanders, especially if you find yourself a captive audience on a crowded airplane or at a dinner party where the main dish is composed mostly of quinoa.

Of course, it depends on the quality of the trivia. There is boring trivia, and then there's the stuff you simply can't get enough of. If you ask me, we spend too much time on the boring stuff — especially on quiz shows like Jeopardy and the Million Second Quiz. It's all about the prize money, but the trivia, meh.

It doesn't have to be that way. Did you know that the universe is shaped like a vuvuzela (that annoying South African soccer horn)? Well, you do now. Just try to forget it.

Or how about: In 2008, a man in Ohio was arrested for having sex with a picnic table. How could you not want to know that?

There's more: Did you know that Saddam Hussein's secret bunker was designed by the grandson of the woman who built Hitler's secret bunker? All in the (Bunker) family …

You need to know this stuff. And there's plenty more where that came from. Precisely 1,224 items in a book created by the people behind the British quiz show QI called 1,227 Quite Interesting Facts to Blow Your Socks Off (A quite interesting book).

British quiz shows are more interesting than North American quiz shows because they're not exercises in crass one-upmanship for cash, not that there's anything wrong with that. But QI understands the true beauty of trivia. Once you know that Italy's biggest business is the Mafia, accounting for $178 billion a year and seven per cent of that country's GDP, you will hold your own wherever you sit at the table.

Trivia is important because "everyone is entitled to their own opinions, but they are not entitled to their own facts" according to legendary U.S. Senator Daniel Patrick Moynihan (1927-2003), which is the epigraph at the outset of 1,227 Facts etc. If you simply can't stand to sit through yet another fatally flawed socio-politico-econo-cultural analysis of this or that big issue, simply wait for a lull in the conversation and let 'em have it:

Did you know that a female ferret will die if she doesn't have sex for a year?

And if that doesn't do it this will: The founder of match.com, Gary Kremen, lost his girlfriend to a man she met on match.com.

You won't even need to justify the interruption and it will instantly dispel any conversational fog built up in the room.

Now, if you're getting bored, here are a couple of quickies to chew on as you head into work this morning:

Light travels 18 million times faster than rain. And Beyoncé is the eighth cousin, four times removed, of Austrian composer Gustav Mahler.

Beats crack cocaine or peanuts, doesn't it?

ZOOM

Battery drained? Use elbow grease

COURTESY JOE KIEZ

Device charges gadgets with human energy

You have lots of energy to make it through the day, but your cellphone battery doesn't. Not anymore.

A student from Humber College, in Toronto, has designed a device that could harvest kinetic energy from human motion to generate energy to charge a wide variety of gadgets such as cellphones, MP3 players, smartphones and tablets. The current design — dubbed ENE — has theoretically demonstrated it can charge 20 times faster than traditional electric methods.

Designed by college student Joe Kiez, the innovation has been nominated and shortlisted for the James Dyson Award. METRO

James Dyson Award

- An international design award from Sir James Dyson, famed U.K. vacuum inventor.
- College and university students compete from 18 countries.
- The winners will be announced Nov. 7.

Power of the people

"If you move, you are using and outputting power. Anyone and everyone that moves, has the potential to create harvestable energy."

Joe Kiez, Humber College student and James Dyson Award nominee

Clickbait

HANNAH ZITNER
hannah.zitner@metronews.ca

Train? Check. Cross-train? Check. Blog, tweet, Instagram? Check. For many athletes, physical training is just one part of 'making it' as a professional athlete, while hollering at fans and drawing attention to the sport is another (especially for our dear Canadian athletes). Meet Canada's blogging, tweeting, instagramming runners:

COURTESY RITA IVANAUSKAS

Rob Watson:

LeblogduRob.com sheds some light on the life of the London, Ont.-born runner who "digs the sport and digs the grind." You can also find him at @robbiedxc.

Reid Coolsaet:

There's more to this runner's Instagram account than races and roads, follow @reirdcoolsaet for arty portraits, landscapes and even beer drinking. As well, find his ramblings at Float On blog at reidcoolsaet.com.

Twitter

Follow @metropicks and take part in our daily poll.

@metropicks asked: Three Toronto firefighters were fired for sexist tweets. Should a boss be allowed to axe for personal tweets?

@Cazzy: It's up to the individual to make sure their online presence is hidden enough to not affect their job.

@johnkuypers: Firing 3 Toronto firemen over sexist tweets could be the worst leadership move I've seen in a while.

Comments

RE: Three Toronto Firefighters Sacked Over Sexist Tweets; Unions Express Anger, published Sept. 17

Unions should not be allowed in any governmental office. The provincial statues and federal laws should be enough.

David Fletcher posted to metronews.ca

WE WANT TO HEAR FROM YOU:
Send us your comments: reginaletters@metronews.ca

metro

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SCENE2

Love in the time of technology

Aziz Ansari. Comedian aims to hit a deeper chord with audiences in his newest set, which will headline Toronto's JFL42 festival

Have you heard the one about the Indian comic? Because Aziz Ansari has — and he's pretty bored with it.

After enduring some racially inspired jabs at the hands of some of comedy's top stars for Comedy Central's recent roast of bleary-eyed James Franco, Ansari took his turn at the dais and shooting back, with his trademark earnestness: "I think it's so cool that some of you guys were able to travel back in time to 1995 for some of those Indian jokes you did. That's so cool!"

"Even with the sitcoms these days, it's people like me or Mindy Kaling and others — there's no 7-11 jokes or anything like that. I think the culture really has moved beyond that stuff, and that's why it was kind of jarring to hear those kinds of jokes and it's like, 'Really, you're really going to go there with this; you think that stuff is relevant anymore?"' he said in an interview.

He's certainly been around the stand-up circuit long enough, too — 12 sneaky years for the comedian with the boyish features and the contagious on-stage excitability, who has risen to fame by stealing scenes in the NBC comedy Parks and Recreation as the cad Tom Haverford, and in the 2009 Judd Apatow vehicle Funny People.

Now, he's set to headline Toronto's JFL42 comedy festival, which will mark one of the first large-venue crowds that will see his new, still-untitled hour of comedy, exploring love in the time of technology — an issue in which, he says, he has some expertise.

"It's what I'm dealing with in my life — dating, trying to find someone, maybe not trying to find someone," said the 30-year-old. "I write my stand-up about whatever's consuming my head and when I was writing this stuff, that's what I was doing a lot.

"It was like, 'Man, this is such a weird time to be a person trying to find love. It's a very frustrating time in a lot of ways.' And it's struck a chord, with both men and women."

While his previous sets featured more standard comedic observations — stories about his North Carolina upbringing, about the time-sucking properties of the Internet, and the hijinks of his wide-eyed little cousin Harris — he calls this set his most difficult yet, aiming to spew his emotional guts while busting his audience's too.

"(With this set) I really tried to hit in a deeper way than I did with the other shows. This one, I'm really trying to do something different and I think I pull it off, but we'll see." THE ASSOCIATED PRESS

Quoted

"The goal is to do stuff where people laugh, but there's also a sort of deeper laugh of, '(Wow), thank you for saying that, I can't believe you said that, that's so awesome, that speaks to a truth in my life."'

Aziz Ansari

Comedian Aziz Ansari will explore love and technology in his new show. CONTRIBUTED/THE CANADIAN PRESS

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

January Jones. ALL PHOTOS GETTY IMAGES

January Jones linked to Miley's separation

January Jones might not have been the reason for Miley Cyrus and Liam Hemsworth's engagement falling apart, but she reportedly didn't help matters much.

Sources tell Us Weekly that Hemsworth had been pursuing the Mad Men star fervently in the months leading up to the split.

"January consoled him," a source says.

"January thinks Liam is so sexy."

A rep for Jones, however, says, "This is absolutely untrue."

Cyrus' rep confirmed earlier this week that the couple's engagement is officially off.

Sandra Bullock

Bullock comes to terms with divorce

It's taken more than three years, but Sandra Bullock is gaining some perspective on the disintegration of her marriage to Jesse James after his infidelity came to light.

"We're all where we're supposed to be," Bullock tells Vogue.

"I am exactly where I want to be now. You can't go backward. I'm not going backward. I'm grateful that I'm here, blessed to have what I have. Nobody can be prepared for anything."

Twitter

@NiallOfficial
I like playing the guitar a good bit!

@WhitneyCummings
If you follow more than 200 people on Instagram you have no boundaries and your boss hates you

@oliviawilde
I've been in Portland 1 hour and have already built a wooden iPhone case and eaten a bowl of tahini. What could possibly be next?

The Word

Robin Williams returns to TV because he's broke

THE WORD
Melinda Taub
scene@metronews.ca

It's a sign of the times that so many movie stars quietly return to television after a few years or decades. Most will claim it's because TV is so creatively vibrant now, or whatever.

Not Robin Williams. He'll happily admit that he signed on to his new TV series The Crazy Ones, with Sarah Michelle Gellar, for the dough, which will then

go to his ex-wives.

"The idea of having a steady job is appealing," Williams told Parade Magazine. "I have two (other) choices: go on the road doing stand-up, or do small, independent movies working almost for scale (minimum union pay). The movies are good, but a lot of times they don't even have distribution. There are bills to pay. My life has downsized, in a good way. I'm selling the ranch up in Napa. I just can't afford it anymore."

Impressively candid. Most movie stars, even if their star has clearly dimmed, don't like to admit they're not high rollers anymore.

And Williams has two ex-wives, which he admits takes a big bite out of his income.

"Divorce is expensive. I used to joke they were going to call it 'all the money,' but they changed it to 'alimony.' It's ripping your heart out through your wallet."

Mark Wahlberg

Mark Wahlberg finally gets his diploma

At 42, Mark Wahlberg is finally a high school graduate, the actor — who dropped out in the ninth grade — revealed the milestone in an op-ed piece for the Huffington Post earlier this week.

"I was fortunate to find out I could attend high school online. For almost a year, I've been taking classes and studying any chance I could get — on the set, travelling for work and at home. It has been both humbling and challenging, but I'm happy to report that I am officially a high school graduate."

Justin Theroux

Theroux scaling back his art collection

Justin Theroux admits that building a life together with Jennifer Aniston has meant some compromises — like ditching some questionable artwork.

"They're just these open mouths, with tongues, and in the throats are different stages, labeled, of syphilis and gonorrhea and whatever. Those definitely found a great place in my office in L.A. They weren't going to be above the fireplace anytime."

Sunny days in Los Angeles

Guide. From star-style fare to more budget-friendly options, this city has it all

JIM BYERS
@jimbyerstravel
jimbyerstravel.com

It's impossible to capture such an immense city in one story so I'll keep this focused on Hollywood and downtown Los Angeles, which has seen an incredible resurgence.

Sleeping

The Roosevelt, a Thompson property, was home to the first Academy Awards ceremony, which lasted only minutes (if only it were still the case). Marilyn Monroe often did photo shoots at the pool and used to sleep there regularly, amongst other things. There's a cool, old-fashioned, two-lane bowling alley in a funky upstairs bar, an airy, Spanish-looking lobby and fun, modern rooms. Prices in October from $299. Downtown, The Standard offers a chic rooftop bar and rooms from $225. There's also the sleek Ritz Carlton, part of the L.A. Live entertainment complex. There's a beautiful pool and bar on the 26th floor and a Wolfgang Puck restaurant. Rooms in October from $419.

Dining

Try Public at the Roosevelt in Hollywood for grilled octopus or even rabbit, served in a bright room with diamond-tufted banquettes and lots of dark wood. The burgers at the hotel burger bar, called 25 Degrees, have been voted L.A.'s best many times. They also serve up a chocolate milkshake with, um, Guinness. A personal favourite for budget types is Tommy's Burgers at Beverly and Rampart, where the gooey, napkin-destroying chiliburgers are legendary. Downtown, near Union Station, you'll find Philippe's original. The place has hardly changed in decades, right down to the pickled eggs on the counter and the wait staff. Angelenos of all colours and creeds gather to munch on roast beef French dip sandwiches (ask for a double dip for more juice) and local beers. It's just 65 cents for lemonade and 45 for coffee. Former mayor Richard Riordan runs the Original Pantry. They serve up excellent hash browns and spicy Portuguese sausage at breakfast.

The Roosevelt is a great old hotel in Hollywood that's seen its share of glamour over the years. PHOTOS JIM BYERS/METRO

The Sunset Hollywood Ranch is a wonderful spot to soak up southern California's cowboy culture.

Drinking

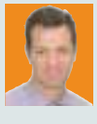
The Library Bar at The Roosevelt is a tiny spot with dark wood and zebra-striped chairs. Bartenders have locally grown herbs on the counter and will mix a drink to your taste. I had bourbon with lemon and rosemary that was fresh and flavourful. Just down the road, Musso and Frank is known for both steaks and perfectly dry martinis served in an old-time setting. There's a cool rooftop spot at Perch on Hill Street, complete with fireplaces. (Hey, it can get cold in L.A. at night).

Doing

Olvera Street is an old Mexican-American area with souvenir stands selling cheap, colourful guitars and great knickknacks for a few bucks. You can dine on cheap burritos or tacos and watch mariachi bands in full dress. Wander down to the Disney Concert Hall, designed by Ontario's own Frank Gehry. The nearby Angels Flight is an old-time funicular that takes you up (or down) Bunker Hill for 50 cents and is billed as the shortest railway in the world (just shy of 91 metres) The Grand Central Market has gorgeous produce and a shop selling jars of sarsaparilla, comfrey, ginger and more. Want a real change? Try a horseback ride in the hills with the folks at Sunset Hollywood Ranch), where you'll find remnants of southern California's cowboy culture and outstanding views.

On a budget?

Do Europe on less than $50 a day



ON THE MOVE
Loren Christie
life@metronews.ca

Budget travelers rejoice! Europe on $50 a day is still possible.

Accommodation

Hostels are no longer just for the young. If you are game, you can expect a shared bathroom and a basic dormitory style bedroom with anywhere from six to 20 other guests slumbering beside you. The prices vary between Eastern and Western Europe but they almost always include free breakfast and sometimes a free walking tour or bike rental. For $10 you can buy a membership gold card forhostelworld.com, which allows you to save on the $2 service fee every time you book. Camping is another way to cut down the budget. Scandinavia is one of the most expensive areas on the continent to travel but there is actually a law in Norway and Sweden that allows you to camp for free in any public place.

Food and drink

Don't be afraid of street food. It is a unique culinary experience; cheap and delicious. The sausages you can buy in Germany and the Czech Republic are way better than a cheap restaurant experience. Consider shopping for your own groceries. Many hostels offer access to a kitchenette if you want to cook yourself a hot meal or have a picnic. If you are anxious for a restaurant meal, take the time to source out three different options. Force yourself to always compare prices before making a final choice.

Sites and attractions

Your first stop should always be the local tourist office. Look for a list of free attractions and don't forget to grab a map. The back page is often full of discount coupons to local must-sees. Downloading free audio tours are another great way to learn about the destination. Search for alternatives to the expensive attractions. For example, in Barcelona skip the cable car and hike up to Parc Guell. You will share the same incredible view with people who just paid 20 euros.

Transportation

Travel on regional commuter trains and avoid the expresses. It may take longer but the savings are significant. For longer trips don't buy a Eurail pass. It is too restrictive and limiting and you also end up paying a reservation fee for every booking. A good alternative is the Eurostar bus company. Their pass covers a larger territory, offers flexible booking options and is cheaper.

Faster, lighter, cheaper chili

Five-Spice White Chili

This recipe serves four. LIZ BEDDALL OF LIZBEDDALL.COM

NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

There is enough here for two plus lunch.

Hearty beef chili gets so boring and this version is faster, lighter and contains more delicate flavours.

Buy ground chicken on sale in a large pack and break it down into smaller, useable packages.

Wrap tightly to freeze and it will last you a year. Better yet, double or quadruple this recipe and freeze the cooked chili and save yourself both time and money.

Ingredients

- 1/4 cup chicken stock ($0.40)
- 1, medium onion, chopped ($0.88)
- 1 large clove garlic, minced ($0.05)
- 1/2 lb ground chicken ($3)
- 1/4 cup drained canned green chilies, coarsely chopped ($1.29)
- 1/2 tsp dried oregano ($0.03)
- 1/2 tsp ground cumin ($0.05)
- 1/2 teaspoon ground coriander ($0.07)
- pinch ground cloves ($0.01)
- pinch tsp cayenne pepper ($0.01)
- 16 oz white kidney beans (cannellini beans) ($1.29)

Total: 7.08/ per serving: $1.77

1. Bring chicken stock to boil in a large skillet.

2. Add all ingredients except beans; cover and simmer to blend flavours, 15 minutes.

3. Add kidney beans, undrained; simmer until heated through, about 5 minutes.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PRIVATE NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Drink of the Week

Passionate Sangria

As summer comes to an end, sip your way into fall with this Passionate Sangria. It's not only tasty but also easy to make.

- 1 bottle (750 ml) Solaz Tempranillo Cabernet Sauvignon
- 2 oz Duff Gordon brandy
- 2 oz Cinzano sweet red vermouth
- 1 cup pineapple juice
- 1 cup passion fruit juice
- Slices of oranges, lemons and limes (seeds removed)

Add all ingredients into a pitcher and gently stir. Refrigerate for 4-10 hours. Remove from refrigerator, add ice and stir gently before serving.

RECIPE & PHOTOS COURTESY OSBORNE SOLAZ

SEWAGE REFERENDUM

Vote NO
to paying more.

Is this privatization? NO

The City will ALWAYS own and control the sewage treatment plant. ONLY City Council will set utility rates.

Is there a secret deal? NO

The City has only held back information that would interfere with getting the best contract with the bidders on the project, or would give one bidder an advantage. This has nothing to do with a P3 process – this is standard practice. Full details of the final contract will be made public.

Will a P3 cost more? NO

The P3 is a fixed price contract. The contractor will pay if the project is late, or for any cost overruns, NOT the taxpayer.

Vote NO to losing $58.5 million in federal funding.

Vote NO to paying an additional $276 for utilities each year.

September 25, 2013 is referendum day.

The question on the ballot will be:

By voting NO you are in favour of building our sewage treatment plant through a P3 partnership.

That the Council of the City of Regina publicly finance, operate and maintain the new wastewater treatment plant for Regina through a traditional Design, Bid, Build (DBB) approach.

YES ○ NO ●

Regina.ca

City of Regina | REGINA Infinite Horizons

If you build it, a career will come

Create and be great.
The definition of 'engineer' is a broad one, but the perks of the profession are clear and plentiful

MEGHAN GREAVES
TalentEgg.ca

We know that the road to becoming an engineer can be a long one for students and new grads. From trying to keep your grades up, to getting involved in the engineering community, to somewhat maintaining a social life, it can be hard to see the very bright light at the end of the tunnel.

To keep you on the right path, we compiled a list of the greatest things about a career as an engineer.

From having some of the highest entry-level salaries, to being able to work anywhere in the world, aspiring engineers have plenty of job perks to look forward to after a gruelling undergrad.

It's mandatory for engineers to keep up-to-date with all types of training, regulations, education and industry knowledge, so you can be confident you'll be working in an environment with the highest professional and legal standards. ISTOCK IMAGES

There are plenty of options

There are tons of different sectors in the engineering industry, which gives students a lot of variety when choosing their career paths. Some of your options include mechanical, software, biomedical, chemical, environmental, and electrical engineering. With so many choices, it's almost certain that you'll find a sector that's just right for you.

Growth opportunities

Engineers often times receive extraordinary training, mentoring, and on-boarding to ensure that they get started on the right foot. With this foundation, it's more likely that newly hired engineers will have the skills and resources needed to move up the ladder. Engineering companies will invest this type of effort into new graduates as they want to see them be successful, specifically within the company.

Location, location, location

Engineers can work everywhere and are needed everywhere! Just take Beverly Bradley's story for example. She has been able to start her engineering career in Gambia building a medical oxygen source for third world countries! Just about everywhere you look in the world there is a need and opportunity for engineers to be successful — they're definitely not limited to one location.

Competitive salary

The salary that comes with a career in engineering is a definite plus! To become an Engineer it takes a high level of education, skill, and dedication, so it makes sense that an Engineer's salary reflects these investments. According to our 2012 engineering salary guide, new grads entering the industry are amongst some of the highest paid career hatchers — and it only goes up!

In demand

With a large amount of retirees exiting the workforce in the near future and industry expansion, there's no shortage of engineering jobs. This doesn't mean that the industry isn't competitive, it means that if you put a solid effort into your job search and skill development there are career opportunities to be had.

Work that benefits society

One of the best things about being an Engineer is that your projects genuinely benefit societies around the globe.

- From medical advancements, to "green" revolutions, to implementing systems that keep communities safe, engineers develop innovations that are good for all of us.

Every day is different

Engineers are not professionals who always sit at a desk from 9:00 am to 5:00 p.m. Engineers work in all different types of environments (e.g., cities, rural areas, offices, forests, mountains) and during all hours of the day, depending on the task at hand. This not only makes the days go by faster, but also allows for variety, challenge, and diverse work opportunities.

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Great heights reached in a growing field

Best of the business.
Interested in being an engineer? Check out these man-made marvels of the engineering field

MEGHAN GREAVES
TalentEgg.ca

"Big opportunities" are words often used when describing the perks of an engineering career. That's because engineers have competitive salaries, job growth, wide career variety, full benefits, and much more!

Beyond job perks, one of the greatest things about being an engineer is the innovative projects you will have the opportunity to be part of. Engineers have built historic innovations and achieved monumental feats that just can't be described in a job description.

So, we decided to compile a list of some of the greatest engineering projects of all time. Read on to get to get that extra push toward the profession.

The Internet

Technology engineers worked for decades to turn the Internet into what it is today.

- From its initial launch as a research, military and science tool in the 1950s, the Internet has grown to become a critical tool for everyday work and life. Future software and technology engineers will undoubtedly rely on this valuable invention throughout their careers!

Transcontinental Railroad

Before the ground-breaking construction of the Transcontinental Railroad, it would take on average five to six months of dangerous and expensive travel to cross the country! It took six years to complete the project, which was mostly done by hand. Engineering the railroad led to more money, jobs, immigrants, and expansion, which changed the way the nation functioned forever.

The Hoover Dam

The Hoover Dam was initially thought to be an impossible feat. But with the hard work and dedication of 200 engineers, the Hoover Dam was built and turned the flood-prone Colorado River into a source of economic development. To ensure the project was successful, engineers took into consideration weather, seismic activity, thermal movements, vehicle power, and structural bearings. The dam was fully completed by 1935, and is expected to last another 100 years!

Health technologies

Until the 20th century, medical diagnoses were often based on doctor's intuition rather than concrete evidence. Throughout the 1900s, medical engineering achievements aimed to change this. From the first electrocardiograph machine in 1903, to the creation of the pacemaker in 1930, medical engineers have played a vital role in developing live-saving health technologies.

Engineers collaborated to create the CN Tower to withstand earthquakes, lightning strikes, and thermal movements. Aspiring civil engineers will similarly need to draft building plans with Earth's movements and weather in mind. ISTOCK

The moon landing

The first moon landing remains one of the most extraordinary engineering feats of all time. Considering that in 1969, technology was in a huge transitional phase, it's crazy to think that an achievement such as this was accomplished during a time of punch cards and gigantic computers!

Panama Canal, Panama

This 77 kilometre waterway connects the Atlantic and Pacific Ocean and to this day plays a vital role in world shipping. Over 15,000 ships a year pass through the canal to deliver goods between coasts. The canal took over 10 years to complete with the dedication and sacrifice of thousands of engineers and labourers. This project is an excellent example of how engineering is used to connect the world.

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CFL

West Division sweeps weekly player awards

Edmonton quarterback Mike Reilly was named the top offensive player and Adam Bighill of the BC Lions earned defensive honours as the West Division dominated the CFL's player of the week awards.

Calgary punter Rob Maver won the special-teams award while Saskatchewan slotback Chris Getzlaf was the top Canadian.

Getzlaf recorded five catches for a game-high 135 yards and two TDs in the Roughriders' 31-29 home loss to Toronto.

He leads all Canadian receivers with 708 yards, good for fourth overall in the CFL. He's also tied for second with seven TD grabs. THE CANADIAN PRESS

Super Bowl

Premium tickets double in price

Super Bowl fans can prepare to pay double for the best seats.

The NFL expects the most expensive tickets for its championship game will be about $2,600 each for 9,000 premium seats for the Feb. 2 game at MetLife Stadium in East Rutherford, N.J.

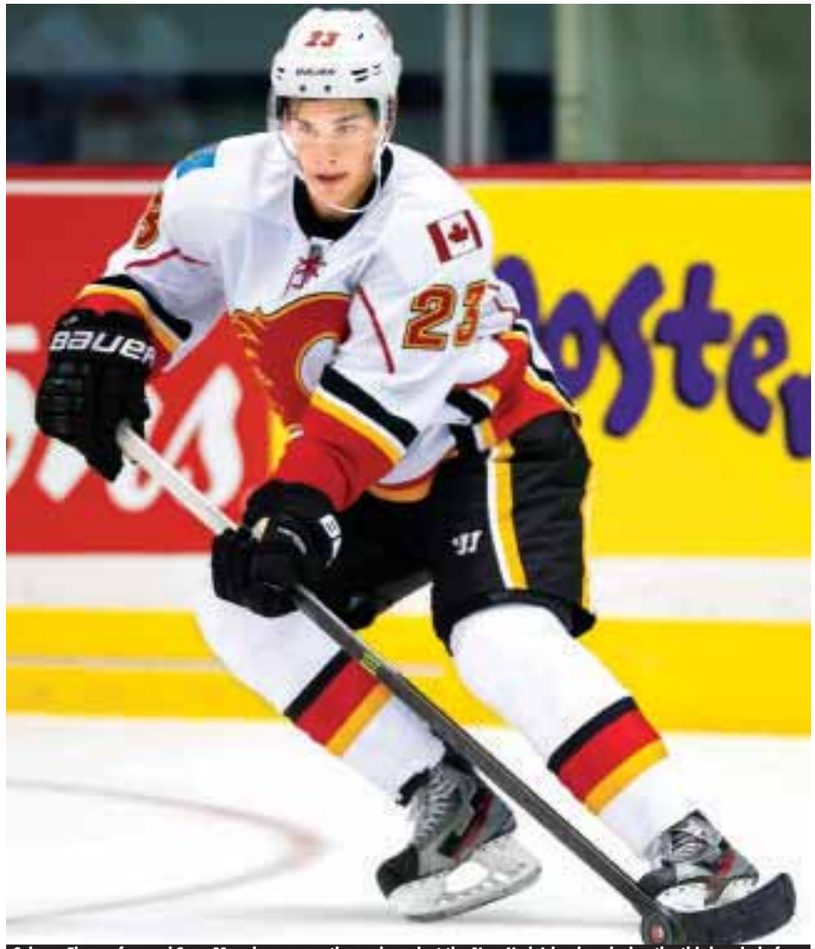
That's more than twice the $1,250 cost for similar tickets at last season's Super Bowl in New Orleans.

The next tier of seats is expected to go for $1,500, compared to $950 in New Orleans. About 40 per cent of general admission seats will be under $1,000, McCarthy said.

THE ASSOCIATED PRESS

Monahan scores a pair as Flames burn Isles

NHL pre-season. Ramo looks sharp with 21 saves in Calgary's 4-2 win over N.Y. in Regina



Calgary Flames forward Sean Monahan moves the puck against the New York Islanders during the third period of NHL pre-season action on Tuesday in Regina. The Flames defeated the Islanders 4-2. LIAM RICHARDS//THE CANADIAN PRESS

Sean Monahan scored two goals to lead the Calgary Flames to a 4-2 win over the New York Islanders in NHL pre-season action in Regina on Tuesday.

Matt Stajan and Mikael Backlund each had a goal for the Flames and Corban Knight set up two. Also assisting were Ben Hanowski, David Jones, Emile Poirier and Sven Baertschi.

John Tavares and Matt Moulson each had a goal and an assist for New York. Colin McDonald and Lubomir Visnovsky picked up assists.

After a scoreless first, the Flames lit the Islanders up for four goals in the second.

Monahan started the scoring a minute in when he wheeled around New York's Travis Hamonic, took a pass from Knight and wired a wrist shot over Evgeni Nabokov's shoulder.

On the very next shift Monahan was called for interference and on the ensuing power play New York captain Tavares banged in a rebound to tie the game 1-1.

It was all Calgary after that as the Flames responded with three straight goals. Matt Moulson added one more for New York early in the third on a nice setup from Tavares.

Calgary goaltender Karri Ramo made 21 saves on the night, two of which were sensational. Nabokov took the loss for the Islanders.

The last time a pre-season NHL game was played in Regina was 2009 when Ottawa beat the Tampa Bay Lightning 3-1 in front of 6,450 fans.

Not nearly that many showed up for this game. The attendance was never announced but the managers of the Brandt Centre told reporters 4,189 tickets were sold.

THE CANADIAN PRESS

No Bones about the favourite in title bout

Jon Jones GETTY IMAGES FILE

He has never been knocked down or taken down in his UFC career. His one loss was in reality a win, with his injured opponent needing surgery afterwards.

Light-heavyweight champion Jon (Bones) Jones became the UFC's youngest-ever champion in March 2011 when, at 23 years and eight months, he defeated Mauricio (Shogun) Rua at UFC 128.

Now 26, Jones is the undisputed pound-for-pound king of mixed martial arts. And the American continues to rewrite the record book.

Jones (18-1) has lost just one round in his 13-fight UFC career. And the 205-pounder made former champion Lyoto (The Dragon) Machida pay for that first round at UFC 140 in Toronto, locking on a standing guillotine choke in the second round before dropping the unconscious Brazilian onto the canvas with a thud.

On Saturday, Sweden's Alexander (The Mauler) Gustafsson becomes the latest to attempt to derail Jones when the two face off at UFC 165 at Toronto's Air Canada Centre. It will be Jones' third championship fight in the Ontario capital.

At six-foot-five, Gustafsson (15-1) is a rare fighter who is taller than the six-four Jones.

A perhaps over-enthusiastic UFC TV promo calls the Swede "the toughest test of (Jones') career." The bookies aren't buying it, installing Jones as anything from a 7-1 to 12-1 favourite.

Jones is tied for most consecutive title defences (five) and most finishes (nine) in UFC light-heavyweight history. He already holds the record for most submissions (five) by a light-heavyweight.

THE CANADIAN PRESS

Setting it straight

The last time MMA fans saw Jon (Bones) Jones in the cage, the UFC light-heavyweight champion's left big toe looked as if it had been screwed on in the wrong direction following a TKO win in April over Chael Sonnen at UFC 159.

- Jones, who consulted a number of doctors, did not need surgery on the dislocated toe. But he still faced three to four months before it was fully healed.

4 SPORTS

Oh those eccentric British types...

Autopilot. British Car Day attracted some interesting characters and cars, but none more so than Canada's own half-woman, half-car

AUTO PILOT
Mike Goetz
drive@metronews.ca

This past Sunday marked the 30th anniversary of British Car Day. Held every third Sunday in September at Ontario's Bronte Creek Provincial Park, British Car Day has been for some time now the largest single day gathering of British vehicular diversity in North America — about 1,000 vehicles and their servants manage to make the scene every year.

In other words, it's the dog's bollocks, brilliant, jolly good, etc., and I was chuffed to bits to make it out again, though a last minute family matter almost threw a spanner into the works. Okay that's bloody it for the British slang; now on to a couple of the cool vehicles that caught my eye this year…

Venessa Koch is not technically a car, British or otherwise, but she probably had her picture taken more than anything else on the field this year. She is not technically a Transformer either, but she sure looked like one. For her culminating thesis for her Theatre Production degree from Ryerson University she created a costume that starts out as a DeLorean automobile and ends up like a robot. It is awesome. The school gave her an A-plus, and the Ontario DeLorean Owners' Club awarded her Associate Member status. "I'm also their official mascot," said Koch, who was parked alongside other DeLoreans in the DeLorean row, and performed many "transformations" during the day.

Venessa Koch crouched in DeLorean mode. ALL IMAGES CONTRIBUTED

Before the DeLorean fan and mascot springs into robot mode.

Like a lot of DeLorean enthusiasts, she got the bug from the time-traveling DeLorean in the film, Back to the Future. "I've been in love with that car since I was 10." It took her about eight months to make the DeLorean transformer costume. It wasn't easy. She noted that unlike Optimus Prime, she actually has a spine that can't be folded several times.

The DeLorean contingent seemed to be having the most fun. They seemed younger than the Jag and Rolls crowds, for example, and their cars were the only ones there with faux Flux Capacitors. DeLoreans were made for only two years (1981 and 1982), in a plant located in Belfast, Northern Ireland.

Only slightly larger than Vanessa Koch was the Berkley SE328, owned by William Patterson of East Aurora, New York.

At just a smidgen over three metres long, the front-drive Berkeley is the world's smallest production sports car. Patterson's SE328 model is fitted with a 328-cc two-stroke motorcycle engine, good for 18 horsepower.

Patterson is over six feet tall, and when I asked him to get behind the wheel for a photo, he said sure, and then took about a minute to complete the manoeuvre. "You don't jump in and out of this thing on whim," said Patterson, "it's a commitment." A commitment to having a bit of fun, I thought later, when he took off for the day, in a cloud of two-stroke smoke and a cacophony of mechanical noises.

William Patterson, who is over six foot tall, enjoys making the commitment and squeezing into his beautiful Berkley SE328.

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Horoscopes

♈ Aries
March 21 - April 20
You don't have to batter your rivals into submission. The planets warn if you come on too strong they could hold a grudge that one day comes back at you. What goes around comes around.

♉ Taurus
April 21 - May 21
If a friend wants you to make a commitment today, don't refuse out of hand. With Venus, your ruler, linked to Saturn, it is in fact a good time to dedicate yourself to a cause.

♊ Gemini
May 22 - June 21
It may feel as if your hopes and wishes have been thrown into reverse but that is not the case: You are still on track to realize your dream. Focus on something mundane today — you will find that it helps.

♋ Cancer
June 22 - July 23
You may have to play along with someone and make them believe that you are still on their side but tomorrow's full moon will make clear your deception. A partnership will certainly be put to the test.

♌ Leo
July 24 - Aug. 23
Try not to say anything that causes resentment. Loved ones are liable to be touchy over the next 24 hours, so weigh your words carefully and, if in doubt, try saying nothing at all.

♍ Virgo
Aug. 24 - Sept. 23
Be the one who speaks up when others are too scared to make their thoughts known. Don't worry that you might provoke a negative response — it's better than no response.

♎ Libra
Sept. 24 - Oct. 23
It is pointless arguing with people whose way of looking at life is different to your own. Accept that you'll never see eye-to-eye and find friends you find it easier to converse with.

♏ Scorpio
Oct. 24 - Nov. 22
Venus linked to Saturn in your sign today should remind you that you are rich in the things that matter. Most important among them are relationships and the values you share with those you love.

♐ Sagittarius
Nov. 23 - Dec. 21
If you withhold information from others, you better have a good reason. The planets warn they won't be happy at being kept in the dark. You may have the right to silence but you don't have to use it.

♑ Capricorn
Dec. 22 - Jan. 20
If you are upset about a partnership matter, speak up. The longer you suffer in silence, the harder it will become to tell them what is wrong. Don't worry, they'll understand.

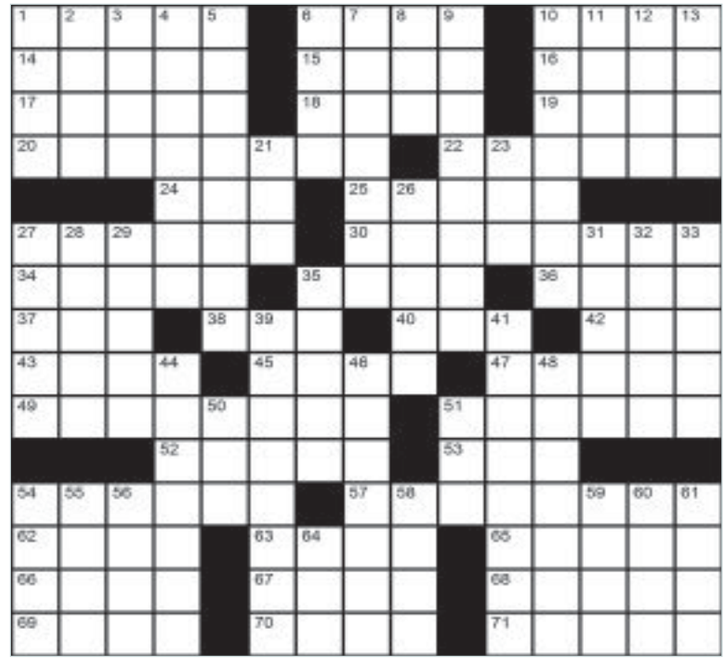
♒ Aquarius
Jan. 21 - Feb. 19
If you believe in what you are doing then it is as good as done. However, if there are doubts in your mind, your progress will falter, so make sure your mind is clear.

♓ Pisces
Feb. 20 - March 20
You may have to postpone something you were looking forward to today but don't get angry about it. A few days from now you will come back to it refreshed and determined to succeed. **SALLY BROMPTON**

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

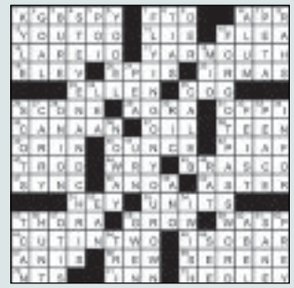
BY KELLY ANN BUCHANAN



Across
1. "General Hospital", and others
6. Rugged cliff
10. 'B' of BFF
14. Ms. Sevigny
15. Swanky transport
16. Ornamental purse
17. World org. based in NYC: 2 wds.
18. Worldwide, wee-ly
19. Land measure
20. British Columbia's capital
22. Be uncertain
24. U2's Ii'l land
25. Ms. Flynn Boyle's
27. Medical building
30. Montreal street; or, surname of Canadian actor Conrad Bain's role on "Diff'Rent Strokes"
34. Thesaurus compiler, Peter Mark __ (b.1779 - d.1869)
35. Not-against votes
36. Quito is its cap.
37. WWII operation, __ Jima
38. Friend ...en francais
40. Sneeze starters...
42. Skirt part
43. Prefix to 'morphosis'
45. "__ Rider" (1969)
47. Sculpt wood
49. "Income __" (Canadian series about creating a home rental unit)
51. Menu option under 'File': 2 wds.
52. Katy Perry's forthcoming album
53. Alien's craft, commonly
54. Tale of myth
57. Winnipeg-born anchor on CNN, Ashleigh __
62. Gumbo ingredient
63. It's pumped at gyms
65. More curious
66. Dish
67. Old, to Robert Burns
68. Resulted in: 2 wds.
69. Increases
70. "The Untouchables" role, Eliot __
71. Sag

Down
1. Canuck comedy sketch show
2. "__, __." (I-didn't-know-you-were-here type of greeting)
3. Sir Guinness
4. Quebec dish
5. Spanish 'Miss'
6. Nero's 152
7. CTV News anchor, Sandie __
8. Li'l quantity
9. Yukon event, Klondike __: 2 wds.
10. "Duh...": 2 wds.
11. Carve into stone
12. "You betcha!"
13. Level
21. Tape a li'l TV show
23. will._.__
26. Wide assortment
27. Make hair wavy
28. Decrease
29. "_ __ __ Extremes" by Billy Joel
31. Earthy pigment
32. __ York (New York, in Spanish)
33. Equivalent titles to 'Sirs' for women
35. Cars of Italy
39. Tragically Hip's "At the Hundredth __"
41. Michelangelo's support in the Sistine Chapel
44. Lost court case recourses
46. Icons
48. One who shuns
50. 'North' suffix
51. Yellow thing in the sky
54. Toronto's Casa
55. Just managed, with Out
56. Diploma-getter, briefly
58. These things: & & &
59. Vegetable stand selection
60. Actor/singer Jared
61. Lose one's grip
64. Actress, Sara __

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	7			2	3		6	
4								
				8	6		7	1
7		1		9		3		
			2		5			
		9		1		4		2
9	6		1	5				
								5
	8		6	3			2	

Yesterday's Sudoku

Visit metronews.ca
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YES!
On Sept 25 vote to
Keep water public!
Water belongs to us all. That's why our entire water cycle – including waste water – must be kept public.
ReginaWaterWatch.ca • 306-988-1754

Doug R. and his son **Mark R.**
Ford Owner - 40 Years Ford Owner - 2 Years

Suzanne S. and her father **Bruce H.**
Ford Owner - 6 Years Ford Owner - 20 Years

ENDS SEPT 30TH

Ford

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SINCE 2005

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ON MOST NEW 2013 MODELS (F-150 SUPERCREW PLATINUM 4X4 5.0L AMOUNT SHOWN)

Titanium model shown

2013 FOCUS S

5.5L 5 MPG
7.8L 38 MPG

Employee Price Adjustment	$620
Delivery Allowance	$250
Total Price Adjustments	$870

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OR OWN FOR ONLY

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BI-WEEKLY

NOW WITH $0 DOWN | OFFERS EXCLUDE FREIGHT AND A/R TAX

WELL EQUIPPED WITH:
160hp 2.0L I-4 Engine
Air Conditioning
Remote Keyless Entry System
AND MUCH MORE.

Titanium model shown

2013 ESCAPE SE

FWD 1.6L ECOBOOST

6.0L 47 MPG
9.1L/Cruise 31 MPG

Total Price Adjustments	$2,019

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OR LEASE AN **ESCAPE** SE AWD 2.0L FOR ONLY

$299* @ **0%** APR* FOR 36 MONTHS*

PER MONTH

WITH $750 DOWN | OFFERS EXCLUDE FREIGHT AND A/R TAX

WELL EQUIPPED WITH:
MyFord® with 4" Colour Display
Air Conditioning
Active Grille Shutters
AND MUCH MORE.

Platinum model shown

2013 F-150 XLT

SUPER CAB 4X4 5.0L

10.6L 21 MPG
15.0L/Cruise 16 MPG

Employee Price Adjustment	$4,423
Delivery Allowance	$7,250
Total Price Adjustments	$11,673

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OR LEASE FOR ONLY

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